

Tastes Like Home



Cooking & Wellbeing Resource for Young People

Tastes Like Home is an innovative online cooking and wellbeing resource designed specifically for young people with lived experience of homelessness. It was developed in partnership with young people, a professional chef, and a qualified nutritionist to address a significant gap in access to basic life skills and nutritional education.



The program aims to build confidence in the kitchen and support young people's physical and mental health through food. Recognising that many young people have not had the opportunity to learn how to cook – due to unstable housing, lack of access to kitchen facilities, or limited support systems – Tastes Like Home provides a practical, inclusive, and supportive alternative.

Key features of the program include:

- A library of 12 simple, affordable recipes tailored to young people's needs and budgets
- 12 step-by-step cooking videos, filmed with and by young people with lived experience
- Nutrition tips developed by a qualified nutritionist to support healthy eating on a budget
- A mindful eating guide available in both video and written format, linking food and mental wellbeing

